FRESH & COOL

Peach Melba Yoghurt Parfaits

PREP	COOK	SERVES
20 min	5 min	4

Vegetarian

Ripe peaches, honeyed yoghurt, crunchy granola and a quick raspberry sauce, layered in a glass.

Ingredients

For the raspberry sauce

- 200 g raspberries
- 1 tbsp icing sugar
- 1 tsp lemon juice

For the layers

- 4 ripe peaches
- 400 g thick Greek yoghurt
- 2 tbsp honey
- 1/2 tsp vanilla extract
- 80 g granola
- A few mint leaves

Method

1. Warm the raspberries with the icing sugar and lemon juice for 3 minutes, crushing them with a fork. Cool completely.
2. Halve, stone and slice the peaches.
3. Stir the honey and vanilla into the yoghurt.
4. Layer granola, yoghurt and peaches in four glasses. Repeat, then finish with the raspberry sauce and mint.

Cook's tip

Choose peaches that give slightly under your thumb. Rock-hard ones taste of nothing.